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12/8/03

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# smoothies

How to jamba

- 1 Pick your favorite Smoothie
- 2 Choose a Free Jamba Boost (it's easy... ask us!)
- 3 Select the right size for you (Regular or Power Size)

## Power Smoothies™

### JAMBA POWERBOOST™

Powered from 5 Jamba Boosts™. Fresh-squeezed orange juice, strawberries, raspberries, bananas, sorbet, Jamba Multi-Boost™  
Calories 440 • Carbs 103 g • Fat 1.5 g  
Protein 6 g • Fiber 7 g

### COLDBOOSTER®

Combats colds with 2100% D.V. of vitamin C and echinacea. Fresh-squeezed orange juice, peaches, bananas, orange sherbet, Immunity Boost™  
Calories 430 • Carbs 100 g • Fat 2.5 g  
Protein 5 g • Fiber 5 g

### KIWI BERRY BURNER™

Promotes weight maintenance with chromium and other botanicals. Kiwi juice, strawberries, peaches, nonfat frozen yogurt, sorbet, Burner Boost™  
Calories 470 • Carbs 112 g • Fat 0 g  
Protein 4 g • Fiber 5 g

### BOUNCE BACK BLAST™

Boosted for pre and post-workout benefits and contains glucosamine and chondroitin. Kiwi juice, peaches, strawberries, orange sherbet, Performance Boost™  
Calories 480 • Carbs 109 g • Fat 2 g  
Protein 8 g • Fiber 5 g

## Protein Smoothies™

### ORANGE DREAM MACHINE®

Fueled with 18 grams of protein. Fresh-squeezed orange juice, orange sherbet, nonfat frozen yogurt, soy milk, Protein Boost™  
Calories 540 • Carbs 112 g • Fat 2.5 g  
Protein 18 g • Fiber 1 g

### PROTEIN BERRY PIZZAZZ™

Packed with 20 grams of protein for muscle maintenance and sustained energy. Soy milk, strawberries, bananas, Protein Boost™  
Calories 440 • Carbs 92 g • Fat 1.5 g  
Protein 20 g • Fiber 6 g

### CHOCOLATE MOO'D®

Loaded with protein and half your day's worth of calcium. Naturally flavored chocolate milk, nonfat frozen yogurt, sorbet  
Calories 690 • Carbs 142 g • Fat 8 g  
Protein 16 g • Fiber 2 g

### PEANUT BUTTER MOO'D®

This indulgent tasting blend is an excellent source of Vitamin D. Naturally flavored chocolate milk, soy milk, nonfat frozen yogurt, peanut butter, bananas  
Calories 860 • Carbs 145 g • Fat 21 g  
Protein 23 g • Fiber 5 g

## Berry Smoothies™

### STRAWBERRIES WILD®

Apple-strawberry juice, strawberries, bananas, nonfat frozen yogurt  
Calories 450 • Carbs 105 g • Fat 0 g  
Protein 6 g • Fiber 4 g

### BANANA BERRY™

Apple-strawberry juice, blueberries, bananas, raspberry sherbet, nonfat frozen yogurt  
Calories 470 • Carbs 112 g • Fat 1.5 g  
Protein 5 g • Fiber 5 g

### RAZZMATIAZZ®

Raspberry juice, strawberries, bananas, orange sherbet  
Calories 480 • Carbs 112 g • Fat 2 g  
Protein 3 g • Fiber 4 g

### BERRY LIME SUBLIME™

Raspberry juice, strawberries, raspberries, lime sherbet  
Calories 450 • Carbs 104 g • Fat 2 g  
Protein 3 g • Fiber 6 g

### CRANBERRY CRAZE®

Cranberry juice, strawberries, blueberries, nonfat plain yogurt, raspberry sherbet  
Calories 420 • Carbs 97 g • Fat 2 g  
Protein 6 g • Fiber 4 g

### ORANGE BERRY BLITZ™

Fresh-squeezed orange juice, blueberries, strawberries, pineapple sherbet  
Calories 410 • Carbs 94 g • Fat 2.5 g  
Protein 5 g • Fiber 5 g

## Paradise Smoothies™

### CARIBBEAN PASSION™

Passionfruit-mango juice, strawberries, peaches, orange sherbet  
Calories 440 • Carbs 102 g • Fat 2 g  
Protein 4 g • Fiber 4 g

### MANGO-A-GO-GO™

Passionfruit-mango juice, mangos, pineapple sherbet  
Calories 500 • Carbs 117 g • Fat 2 g  
Protein 4 g • Fiber 4 g

### CITRUS SQUEEZE™

Fresh-squeezed orange juice, pineapple juice, bananas, strawberries, orange sherbet  
Calories 450 • Carbs 93 g • Fat 2 g  
Protein 4 g • Fiber 5 g

### ORANGE-A-PEEL™

Fresh-squeezed orange juice, strawberries, bananas, nonfat frozen yogurt  
Calories 440 • Carbs 102 g • Fat 1 g  
Protein 9 g • Fiber 5 g

### ALOHA PINEAPPLE™

Pineapple juice, strawberries, bananas, pineapple sherbet, nonfat plain yogurt  
Calories 470 • Carbs 89 g • Fat 1.5 g  
Protein 7 g • Fiber 5 g

### PEENYA KOWLADA®

Pineapple juice, coconut, bananas, pineapple sherbet, nonfat frozen yogurt  
Calories 650 • Carbs 118 g • Fat 5 g  
Protein 8 g • Fiber 3 g

### PEACH PLEASURE®

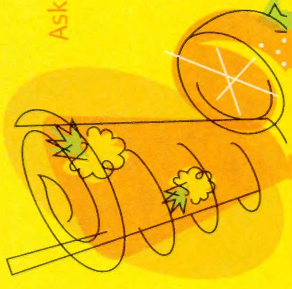
Peach juice, peaches, bananas, orange sherbet  
Calories 460 • Carbs 108 g • Fat 2 g  
Protein 4 g • Fiber 5 g



Jambaism #3... as you wish it would do unto you



Ask us about Jamba Go-Go, Catering, Events, and Large Order needs!



# boosts

High quality, multi-ingredient, effective supplements to boost your body and mind... designed to target your body's daily nutritional and wellness needs with simple, sensible solutions! For a couple of extra coins, you can even add a second boost!

Free Jamba Boost with every Smoothie!

### PROTEIN BOOST™

Muscle Maintenance & Sustained Energy

Thrive on 7 grams of soy protein and amino acids to help your body build muscles and repair and reproduce cells found in bone, skin, hair and internal organs.

### ENERGY BOOST™

Mind and Body Energy

Stimulate body and mind, fight fatigue, and increase stamina with Siberian Ginseng, Ginkgo Biloba, and other energy producing vitamins and minerals.

### VITA BOOST™

Total Vital Health

Nourish the whole body with 100% RDI of 20 vitamins and minerals like A, C, D, E, K, and all the B's, along with calcium, magnesium, zinc, and selenium. This pure blend ensures quick and efficient absorption for total body nourishment.

### FIBER BOOST™

Total Digestive Health

Promote total digestive and circulatory health with more than 6 grams of soluble and insoluble fiber to help improve nutrition absorption, and lower cholesterol. Active cultures stimulate your immune system and help protect against infection.

Everything but the kitchen sink. This boost offers complete nutrition from a potent combination of five of our boosts— with 100% RDI of 20 vitamins and minerals, soy protein, fiber, ginseng, and echinacea.

### BURNER BOOST™

Metabolism Burner & Appetite Control

A powerful combination of Citrin® plus chromium picolinate and thermogenic herbs helps inhibit the body's ability to store fat. It also contains fiber for healthy digestion to help control your appetite and to keep you fit and trim.

Please consult your physician before starting any supplement program, especially if you have an autoimmune disorder, pregnant, nursing or taking any other medications. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease, but rather are dietary supplements intended solely for nutritional support.

For a few coins more:

### PERFORMANCE BOOST™

Functional Fuel for Fitness Fanatics

Jam-packed with your daily dose of Glucosamine & Chondroitin for joint recovery, soy protein, Siberian Ginseng, electrolytes and antioxidants.

### JAMBA MULTI-BOOST™

Five Boosts in One

Everything but the kitchen sink. This boost offers complete nutrition from a potent combination of five of our boosts— with 100% RDI of 20 vitamins and minerals, soy protein, fiber, ginseng, and echinacea.

### BURNER BOOST™

Metabolism Burner & Appetite Control

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# juices

## Fresh-Squeezed Juices

Fresh-squeezed, pure and sweet, wheatgrass, orange, carrot, lemonade and other tasty combos!

Choose the size that's right for you! Small, Regular, Power

### VIBRANT-C®

Loaded with 1200% of Vitamin C. Slushy blend of fresh-squeezed orange juice, pineapple juice, banana, honey and botanicals.

### ORANGE

Fresh-squeezed with a sweet, pulpy taste.

### CARROT

The other orange juice. Fresh-squeezed carrots juiced to sweet perfection... high in vitamin A and beta carotene.

### ORANGE/CARROT

Fruits and veggies unite in fresh-squeezed love!

### ORANGE/BANANA

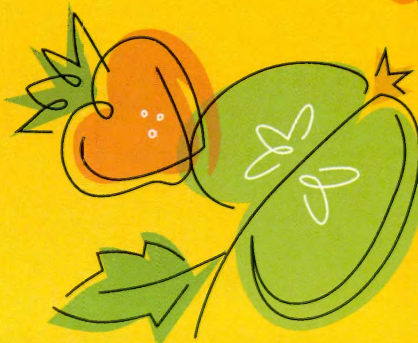
Tangy, mellow and smooth all at once!

### WHEATGRASS

Liquid sunshine... squeezed into a single shot. Essential amino acids, enzymes, chlorophyll, vitamin C and K, folic acid, and all the important minerals including iron, potassium and selenium. Wheatgrass comes in 1 or 2 oz shots!

### LEMONADE

Made with fresh-squeezed lemon juice and white grape juice. No sugar added.



## The Jamba Story!

We are proud to be a part of your community! We're here to tickle your taste buds and **nourish** your body and mind with flavorful, nutrient-rich foods.

We started out in 1990 in California... a small group of wellness-minded people, one store, and a mountain of passion. Our simple dream was to make **healthy** living delicious, easy and fun. So we

gathered the best fruits, vegetables and nutrient-rich foods of the earth... and we spun these natural wonders into delightful creations for you to enjoy for breakfast, lunch and dinner.

Today we bring all of this **goodness** home to our stores where our enthusiastic team members are dedicated to providing you with the best possible service.

JAMBA means "to celebrate." When you taste our unique products blended with **love** from the highest **quality** ingredients, relentlessly mixed and matched, tasted and tested... we hope you, too, will celebrate... Jamba!

## Jamba Juice Goodness Guarantee

We vow to please you with the ultimate in great taste and nutrition and to serve you with bright smiles in a vibrant store... each time you walk through our door! We promise to pursue only the highest-quality ingredients and to share with you only the best **all-natural** goodness with no artificial preservatives, flavors, or colors. We celebrate your total satisfaction, so if you're not happy with your Jamba experience... let us know, and we'll find a solution just right for you!

At Jamba... it's what we love to do!

Team Jamba

Talk To Us! [www.jambajuice.com](http://www.jambajuice.com)



For a list of Jamba locations visit:  
[www.jambajuice.com](http://www.jambajuice.com) or  
1.888.JAMBA.12

Product offer may vary by location.

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December 2003



# jamba menu

DISCOVER MORE...



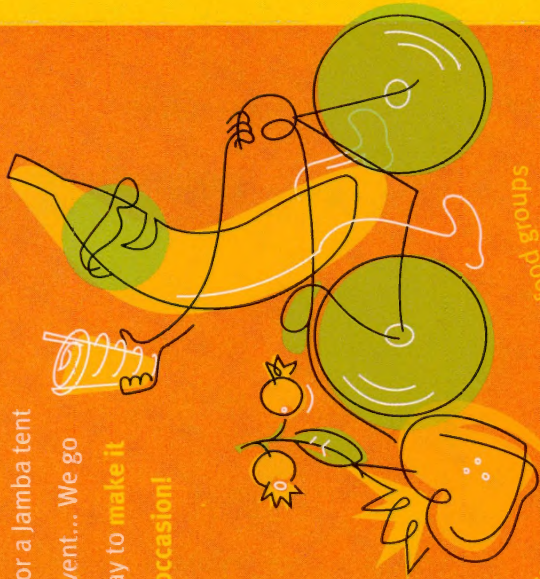


# energy

Jamba means "to celebrate" ....

and we vow to keep the party going! That's why we created a way for you to experience Jamba...anywhere!

Jamba brings the delicious, **nutritious** foods and **exhilarating energy** of Jamba from our store to your door... to **stimulate body and mind**! Whether you want full-service catering... large group orders ...or a Jamba tent at your event... We go all the way to **make it a Jamba occasion!**



Jambalamb #24... There are 5 major food groups Lattes and scones is still not one of them



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# jamba go-go

CATERING, EVENTS AND  
LARGE ORDERS...



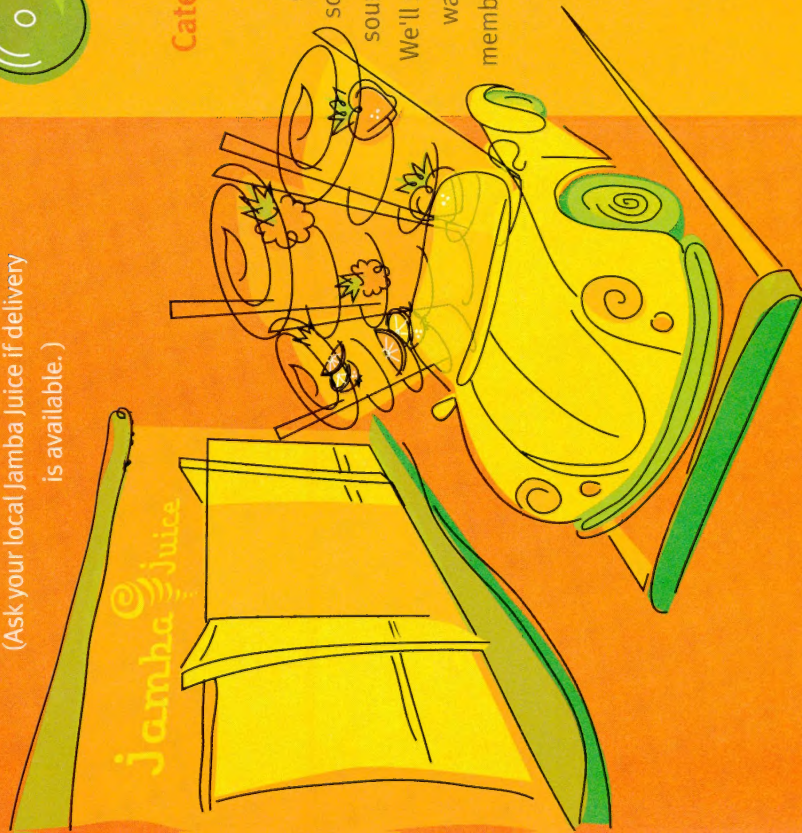


# jamba

## Large Orders

Last minute lunch for the office? Seeking a study group pick-me-up? Want a healthier half-time snack? Now you can bring some fresh ideas to the table when you call in and take out Jamba! Call in or fax large orders to your local Jamba Juice. Your delicious and nutritious Jamba large order will be smartly, conveniently packed... and ready to go! It's that easy!

(Ask your local Jamba Juice if delivery is available.)

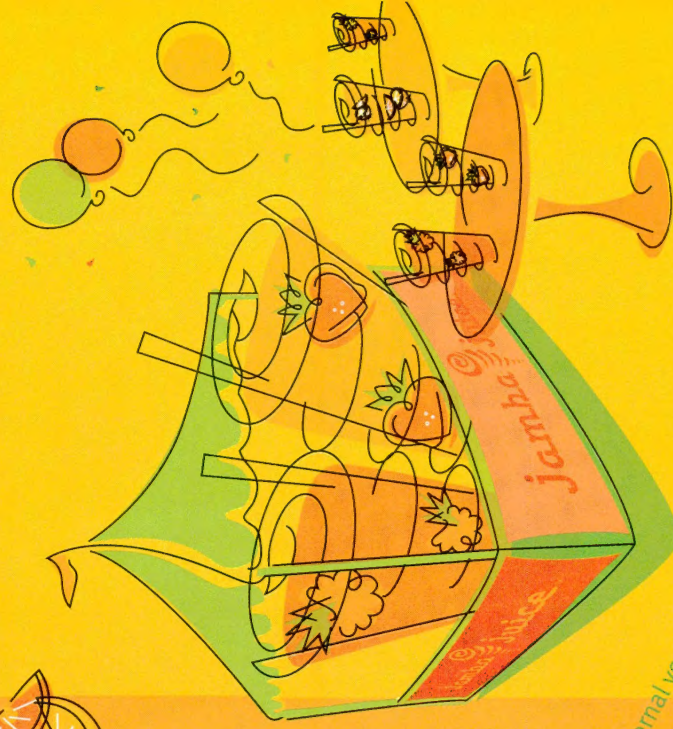


## Catering

Freshen up fundraisers! Liven up business expos...health fairs...even juice up your school lunch program. We'll bring the sights, sounds and fresh smells of Jamba to your occasion! We'll supply a festive Jamba atmosphere, mouth-watering smoothies and as many Jamba team members as you need...even Banana Man if you'd like!

## Events

Looking to add something new and fun to your next big event? Jamba is the smoothest way to please the crowd! With our portable Jamba tent and Banana Man, we're ready to create a mini-Jamba experience at any location...sporting events, street festivals, trade shows...anywhere you need to Jamba!



jambaism #2....Eternal youth doesn't come from a fountain, it comes from a four-speed blender!



## top 5 reasons wheatgrass should be your new best friend!

1. helps cleanse & detoxify your blood
2. helps make your skin look great
3. assists in digestion
4. helps metabolize energy and fat
5. helps bolster your immune system



# jamba wheatgrass

PURE LIQUID SUNSHINE

Talk To Us! [www.jambajuice.com](http://www.jambajuice.com)



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# wheatgrass

pure<sup>liquid</sup>  
sunshine

## FRESH-SQUEEZED SUNLIGHT

Alternative-health practitioners have long preached the benefits of wheatgrass due largely to its chlorophyll content, the pigment that gives plants their green color. Chlorophyll absorbs the sunlight necessary for photosynthesis, hence the term "liquid sunshine". Fine for a cow, but how, exactly, can wheatgrass do anything for humans?

## NATURE'S VERY OWN CURE-ALL

Wheatgrass juice boasts 60% of the body's recommended daily allowance for vitamin K in a one-ounce shot (other sources include broccoli, soybeans, brussel sprouts, and cabbage). Vitamin K is necessary for blood clotting.

Wheatgrass also contains tons of enzymes, the complex protein compounds that speed up metabolic reactions and aids in digestion. And last, but certainly not least, our lovable little lawns offer the magical chemical known as chlorophyll.

## IS THE GRASS ALWAYS GREENER?

Chlorophyll may make plants and grass green, but it makes humans smile. Big. Studies show that this mighty green stuff has regenerative properties that can boost your immune system, fight off free radicals, promote better circulation, and give you energy!

## GRAZING IS GOOD

The bright green tufts of wheatgrass we see in health food stores or juice bars are typically young sprouts of wheat seeds. Experts say that wheatgrass must be cut or harvested within a day or two of reaching maturity in order to yield its maximum nutrients. It is during this prime time that you can gain the highest quantity of all the amino acids, vitamins, iron, and vitamin K.

## GOING OUT TO PASTURE

Just how much of the green stuff do we need? Experts recommend up to two ounces of fresh-squeezed wheatgrass juice daily. Advocates of wheatgrass will agree, once you try it, you'll be hooked. And when your friends see your healthy-looking glow, they'll be the ones who are green—with envy! So grab a shot of grass.

jambalasm #13... you are not in a sprint,  
you are in a marathon.

[1] Based upon a 2 fluid  
ounce serving size

These statements have not been  
evaluated by the FDA. This product  
is not intended to diagnose, treat,  
cure, or prevent diseases. Jamba's  
wheatgrass is analyzed by a third-  
party laboratory to ensure its  
vitamin, mineral, enzyme,  
chlorophyll, and amino acid  
content.